

Week of \_\_\_\_\_

| Visualize Your Goals | A<br>M                | Monday  | Tuesday   | Wednesday   |
|----------------------|-----------------------|---|---|---|
| Training Goals       |                       |   |   |   |
|                      | P<br>M                |   |   |   |
| Competition Goals    |                       |   |   |   |
|                      | N<br>O<br>T<br>E<br>S |   |   |   |
|                      |                       | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ |

Week of \_\_\_\_\_

| A<br>M                | Thursday  | Friday  | Saturday  | Sunday  |
|-----------------------|---|---|---|---|
| P<br>M                |   |   |   |   |
| N<br>O<br>T<br>E<br>S |   |   |   |   |
| D<br>A<br>T<br>A      | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ | Hours of sleep: _____<br>Weight: _____<br>Post workout pulse:<br>AM _____<br>PM _____ |